

FOREWORD



Many of the attitudes and behaviours that impact on health in later life are acquired during adolescence and early adulthood. At this age, young men and women quite rightly want to develop their own attitudes independently of older people. The sharing of information among young people themselves is therefore particularly important.

This handbook has been developed by young women and men for young people who want to promote positive attitudes to health issues among their peers. By providing a framework to develop these resources, we hope that we will help you to produce messages that have the most impact and relevance to your own lives and those around you; reflecting your own culture, language, values and concerns. We hope that you will find this handbook a useful tool to ACT ON HEALTH.

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